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st/September 1983

S SEARCH FOR GOLD, Sri Gurudev

GREAT BOOMERANG, Sri Swami Sivananda

DREN'S CORNER, POETRY and more . . .

Purifying

Integral Yoga®

The Teachings of Swami Satchidananda



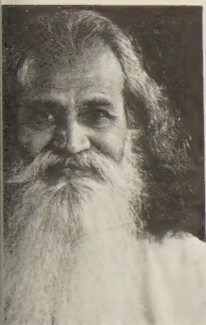
Holy Days and Other Special Dates

SEPTEMBER

- | | |
|----|---|
| 1 | Khordad'sal (Birthday of Zoroaster - Parsi) |
| 8 | Jayanthi (Birthday) of <u>Sri Swami Sivanandaji Maharaj</u> |
| | Rosh Hashanah (Jewish) |
| 11 | Ganesh Chaturthi (Hindu) |
| 17 | Yom Kippur (Jewish) |
| | Waqfatu'Arafāt (Islamic) |
| 21 | Mid-Autumn Festival - China |
| 22 | Full Moon |
| | Succoth (Jewish) |
| 28 | Birthday of <u>Confucius</u> |

OCTOBER

- | | |
|----|---|
| 2 | Birthday of <u>Mahatma Gandhi</u> |
| 7 | Navaratri (Hindu festival in honor of the
Divine Mother. Continues through the 15th) |
| 20 | Birthday of the Báb (Bahá'í) |
| 21 | Full Moon |
| 30 | Reformation Sunday (Protestant) |



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The Teachings of Swami Satchidananda

Vol 14, No 4 August/September 1983

purifying

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Integral Yoga and You

Letters to Sri Gurudev



INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri S'ami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga--including Hatha, Raja, Karma, Bhakti and Jnana Yogas--as well as instruction in Yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

The Ashrams in Pomfret Center, CT, and Buckingham, VA, have national audio-video and book publishing and distribution services, and offer a wide range of guest and residence programs. The Integral Yoga School for children is located on the Ashram grounds in Virginia; the Integral Health Services clinic and Integral Yoga Natural Foods Store have branches in Connecticut and in New York City.

For more information, to arrange for a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the back cover. We are here to serve you.

OM SHANTHI OM PEACE

We have moved to Yogaville to further ourselves on the path of Yoga.

It is so wonderful to be here. The feeling of peace prevails over the land. The beauty of God is everywhere. We feel very blessed to be here and also to be in the ever-presence of you, our sacred Guru.

As we open ourselves to you we are asking for your guidance and blessings. May we someday be bathed in that eternal peace and joy that engulfs the presence of your being.

M.D. Phillips, Buckingham, VA.

Ten years ago when I first heard you speak, you planted a seed in my heart. Last year, in a time of great personal need, God guided me back to you. Now it seems that whenever there is a question or problem in my life, you are there with an answer -- either in person, through your writings or in the hearts of your disciples who share your wisdom with me. Thank you for nurturing the seed of God's love through your wisdom. You and the Lord are an irresistible combination.

G.G., Chesapeake, VA.

Your stay with us gave us so much joy and peace that I find it hard to express. I cannot think of happier times than when I am with you, near you

just to feel you being there.
 you left, a vacuum was
 behind in our hearts, but
 now that the love was left
 and. To reach for that love
 allow it to reach us, I have
 again started on meditation
 a more regular basis. I am so
 by now that I have started
 use this hardened heart is
 nning to feel the warmth of
 love for us and is slowly
 willingly starting to melt.
 nk you for always being there
 never one needs you the most.
 r blessings have always been
 n us and the understanding
 that is now beginning to take
 ect. I am practicing the
 le path with a more mature
 tude and am letting the man-
 n finally take over on its
 Please accept my sincerest
 e and good wishes to all at
 uville.

M.H., Kowloon, Hong Kong

s so grateful to receive
 latest copy of the Integral
Magazine last week and
 e in more ardently to your
 things and Spirit. It was a
 support after about four
 s of unaccountable strain
 my mind. With much attention
 ead of your suggestion to
 little girl in Hawaii who
 nervous about giving a
 ech. You told her to repeat
 Shanthi." With many things
 noring for my attention
 se past few days, I followed
 t suggestion too, and there
 e a calm recognition that my
 ce is more important than
 ng an unreasonable number
 tasks in a hurry and with-
 attention. Thank you for
 r guidance and presence in
 life.

Sr. J.M., Maryknoll, N.Y. □

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spir-
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 He is dedicated to the ecumen-
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 interviews, books and visits to
 centers around the globe in the
 fields of education, religion,
 health and Yoga.

God's Search for Gold

Sri Swami Satchidananda

We pay a price for success of any kind. The greater our aim, the bigger the obstacles will be. If this is true in the worldly pursuits, think how much more there will be to confront and overcome on a spiritual quest.

We should always remember that without suffering we can never get anything. As I always say: "The bigger the pain, the bigger the gain." The difficulties build strength in you.

When you want to develop your muscles, you use the resistance exercises. The more resistance you have, the stronger you become. Is it not so? If you simply lift a weight that is easy for you, you will never develop the muscles.

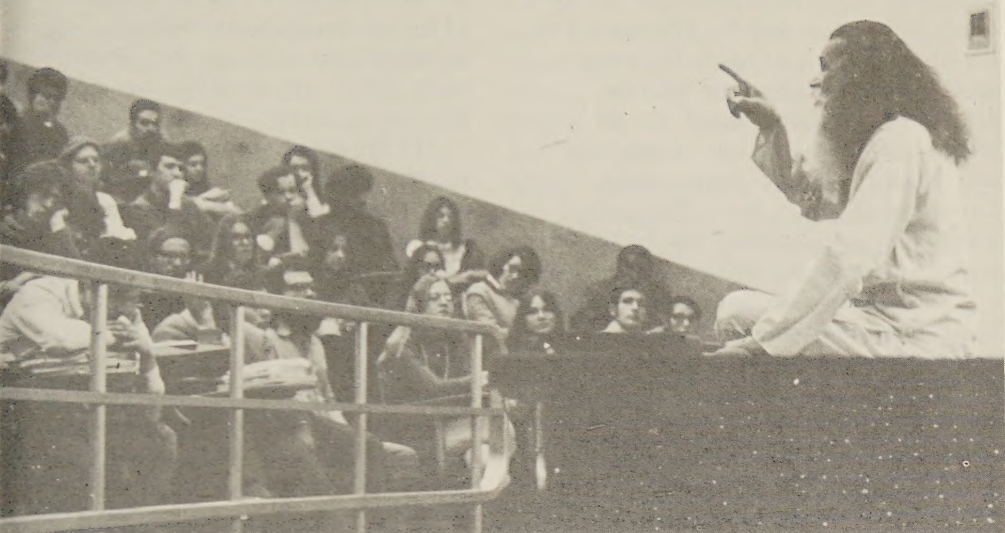
It is exactly like that in life. Bigger difficulties should come to make you stronger. As we progress, our challenges are greater. We need some resistance to bring our energy forward. If everything goes smoothly at all times, you get spoiled. Hardships are part and parcel of growing. Whether it is in the case of an individual or in

the case of a community or a nation, the same truth applies.

Never give up. You will continue to have the strength if only you remember that your pursuit is a good, honest one. Because it is honest, you get the backing from a different Source from a higher level. Remembering this will give you courage. If you depend only on your own strength, very soon you will say, "Oh, I just can't do any more." That's when we turn to a higher strength.

Faith is of utmost importance. It is easy to say, "Yes I have total faith. I trust You, God. I believe in You. I follow You. But where is the proof? How are you going to prove that you do indeed have faith. This is another part that obstacles play to help us prove that. When would you really want to show your strength? When there is a tough fight, a hard test.

If you really want to call yourself a devotee, the tests come more. These big trials come to all who want to be great believers in God. If you read the story of any saint, this is



keynote. They all paid a big price to prove to the world that their faith was unshakeable. Even with all this in mind, I shouldn't look at life as a terrible trial. With the proper attitude, the tests will be seen as an opportunity for adventure and growth. Certainly, there will be times without problems; but if tests don't come at all, you always get things the way you want, you should be concerned. "Why isn't God working for me more?"

When the hardships come, thank, "Ahh. Yes. I expected this. Good. Let it come; I am going to face it. God is testing me and He will give me the strength to pass the test." This way you learn to be strong. The people who dig golden ore bring truckloads of earth. How much real gold will they get from one truckload? Maybe one grain. If, after cleaning and washing and washing and filtering everything, out of one big truckload they get one small bit of gold it is wonderful. The person who knows the worth of gold will not hesitate to

go through all that. Knowing the worth of it, he will never give up. Such a person will say, "I'm going to crush everything, sift everything little by little, wash everything. I am certainly going to find that minute bit of gold."

This is what God is trying to do. There is a little bit of gold in every one of us. There is also a lot of crude ore surrounding it, a lot of moss covering it. God is working hard -- crushing, rubbing, powdering. He certainly won't do it if He knows that there is no gold. The fact that He is working so hard means that He knows there is something very valuable and He will ultimately get it.

So if you are having problems, feeling tossed and crumbled, it is because you seem to have a little gold and Somebody is searching for it. The gold is that pure Self, that pure image of God in you. He wants to bring it out, but before He can do that He has to chip a lot. Blessed are the sufferers. Why? Ultimately they will be saved. Life is like that. Our

one and only business is to reveal our true gold. You may not be able to do it all by yourself. That's why you allow another, unseen, Hand to do everything. Hardships may come and will come. Don't make sad faces; smile at it: "Yes, I know you are coming to help me, to clean me up. Welcome."

In a way ashram life is for that purpose. Ashram life is a good riverbed. You know if you go to the bed of a swift river, like the Ganges riverbed, what kind of rocks will you find? Smooth. How did they get that way? They rubbed against each other until there were no rough edges left. Ashram life is like that. We all come with rough edges, sharp corners. Our egos rub against each other and get polished.

If you hide from conflicts you never get polished. You didn't just walk into this world as a saint already. You still have rough edges, and if you still are rough it means that you have not been rubbed enough. If we understand the purpose, we will accept this polishing process. We will even be happy about it.

A person doesn't need to live in an ashram to get polished well. Nature will surely work on you no matter where you are. But the ashram life seems to speed the process.

If somebody points out your mistakes, he's trying to smooth the sharp edges; so be grateful. If you say or think, "How dare you point out my mistakes!" and feel upset, you have forgotten your purpose. Or you may remember the purpose, but you forgot the work that must be accomplished to attain it. Sometimes people are attracted

to an ashram or a spiritual life because they think, "Oh, everything will be so smooth. Nobody will argue with me and I'll become a saint."

If you go to a doctor asking to have an abcess removed, she won't simply smile and say, "Eat some nice candy and it will go away." No. Immediately she'll start to sterilize her knives! Fortunately the doctors use some anaesthesia. Usually a layman cannot even watch an operation. But the doctor must operate, in some cases, to heal the patient.

If we remember that all our conflicts are simply there to help us grow, there will be a beautiful harmony. The minute we forget this fact, there will be fighting. That is why particularly I request all the people who live in the Ashrams and Integral Yoga Institutes to remember this. That is why we are here -- to mentally rub against each other and get polished. That is the purpose of an ashram.

If we can't accomplish this understanding here, our entire purpose will be lost. It is not for business and buildings and preaching that we are here. We don't have to preach. When people walk in, they should see something special. They should see that all of you have been smoothed, that the gold is silently shining forth. Our aim in developing Yogaville is this: to build a heaven on earth. Nothing less than that. It doesn't matter whether we achieve it tomorrow, the day after, or next year, or in ten years. Our goal is that and everyone should remember it. If you don't want to get scrubbed and polished then probably you are not ready for this kind of life. Without that understanding and cooperation we cannot real-

Id a Yogaville.
I'm counting on every one of
u. It doesn't matter whether
u are a Swami or a householder
a single or a double or a
ttle child or a big one.
ere are many ways to live a
od yogic life. I don't mind
out the way you choose. Your
fe is your choice. The impor-
nt thing is that the purpose
ould not be forgotten. Our
rpose as a spiritual commun-
y is to have the egos bump
to each other, rub against
ch other until the dirt is
l dug out and the gold of
e pure Self remains. Then
ere will be complete harmony.
rmony is not something that
ppens when everything goes
oothly. There is no challenge

to being harmonious when there
are no problems to surmount.
Even in the midst of turmoil
there should be harmony. That
means it is something real.
In the midst of a lot of scrub-
bing and rubbing there should
be harmony. In the midst of a
big operation -- chopping, cut-
ting, stitching -- there should
be harmony.

That is possible only when
you always keep in mind: "I
have an ultimate aim. All
these adversities are sent to
strengthen me so I can reach
that goal. Yes, it's a good
sign. God thinks I'm worth
working on. He knows there is
gold here, and He is digging
for it." □

Symphony of Life

Prayer for Brotherhood

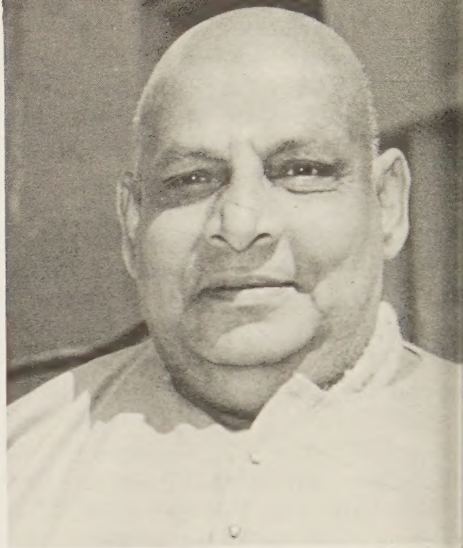
by Mary McLeod Bethune

ather, we call Thee Father because we love Thee. We are glad to
e called Thy children, and to dedicate our lives to the service
hat extends through willing hearts and hands to the betterment
f all mankind. We send up a cry of Thanksgiving for people of
ll races, creeds, classes, and colors the world over and pray
hat through the instrumentality of our lives the spirit of
eace, joy, fellowship, and brotherhood shall circle the world.
e know that this world is filled with discordant notes, but
elp us, Father, to so unite our efforts that we may all join
n one harmonious symphony for peace and brotherhood, justice
nd equality of opportunity for all. The tasks performed today
ith forgiveness for all our errors, we dedicate, dear Lord,
o Thee. Grant us strength and courage and faith and humility
ufficient for the tasks assigned to us.

ary McLeod Bethune (1875 - 1955) was an important American edu-
ator and civil rights activist. She founded Bethune-Cookman
ollege and served in several important government positions,
mong them: President Franklin D. Roosevelt's adviser on minority
roblems. □

The Great Boomerang

Sri Swami
Sivananda



As you think so you become. As are your thoughts so must be your life. Improve your thinking. Better thoughts bring better actions. Pure thought is a mightier force than electricity.

The mind which is attracted by objects of sense tends to bondage, while that which is not so attached to these things tends to emancipation. Still the selfishness in the mind and you will be happy and free forever. Manifest all your strength in the task of conquering your mind. Purify and still the thoughts. The layers of ignorance covering knowledge will not be removed without a calm mind.

The subtle part of food forms the mind. The mind is manufactured out of food. The term "food" does not mean merely what we eat, but what we gather through all our senses.

Learn to see God everywhere. This is real food for the eye. You can see better, hear better, taste better, think better when you entertain sublime divine thoughts.

Look at an object through a green or red glass; the object

will appear green or red. Even so, the objects are colored by the desires through the mirror-mind. Remember that all mental states are transitory; identification with them produces pain and sorrow.

Have freedom of thought. Free yourself from the slavery of prejudice that blunts intellect and dulls thoughts. Think of the immortal Self. This is the right method of direct, original thinking. The True Nature reveals itself after the purification of thoughts. When the mind is serene without any want, without any selfish motive, without any craving or compulsion, then the supreme Self shines; there is the experience of Bliss. Live the way saints live. This is the only way to victory over thoughts, mind, and the lower self. Until you have conquered the mind, there can be no sure and permanent victory.

It Comes Back

Be careful of your thoughts. Whatever you send out of your mind comes back to you. Every thought you think is a boomerang. If you hate another, hate

come back to you. If you
others, love will come
k to you.

An evil thought is thrice
used. First, it harms the
thinker by doing injury to his
mental body. Secondly, it harms
the person who is its object.
Thirdly, it harms all mankind
by vitiating the whole mental
atmosphere.

Every evil thought is as
a sword drawn on the person to
whom it is directed. If you
have certain thoughts of hatred,
you are really a murderer of
a man against whom you foster
such thoughts. A mind tenanted
by evil thoughts acts as a
magnet to attract like thoughts
from others and thus intensifies
the original evil. When these
thoughts are thrown into the
mental atmosphere, they poison
receptive minds. To dwell on
an evil thought gradually de-
velops it of its repulsiveness
and impels the thinker to per-
form an action which embodies

Don't Give Up

Thoughts are like the waves
of an ocean. They are countless.
You may become desperate in
the beginning of your attempt
to conquer them. Some thoughts
will subside, while some other
thoughts will gush out like a
flood. The same old thoughts
that were once suppressed may
again show their faces after
some time. Never become des-
pondent at any stage of prac-
tice. You will surely get in-
crease your spiritual strength. You
are bound to succeed in the
end. All the Yogins of yore
had to encounter the same
difficulties that you are ex-
periencing now.

The process of destruction

of mental modifications is dif-
ficult and long. Not all thoughts
can be destroyed in a day or
two. You should not give up the
practice of destroying the
thoughts in the middle when you
come across some difficulties
or stumbling blocks. Your first
attempt should be to reduce self-
ish wants and desires, then the
thoughts will decrease by them-
selves. Gradually all unwanted
thoughts will be extirpated.

Saintly Thoughts

Lord Buddha declared, "All
that we are is made up of our
thoughts." It is our thoughts
that cause the round of births
so we should always strive to
purify them.

When we go and sit near a
sage, we feel a unique calmness;
but if we are in the company of
a bad and selfish person, we
feel uneasy. It is because the
vibrations of peace and calmness
emanate from the aura of the
sage, whereas from the aura of
the selfish person emanates vi-
brations of evil and selfish
thoughts.

The second effect of thought
is the creation of a definite
form. The quality and the nature
of a thought determine the color
and clearness of that thought
form. A thought form is a living
entity and has a strong tenden-
cy to carry out the intention
of the thinker.

Thought actually leaves the
brain and hovers about. When
a thought, whether good or evil,
leaves the mind of a person it
gives rise to vibrations in
the *manas* or mental atmosphere
which travel far and wide in
all directions.

A sage living in a Himalayan
cave transmits a powerful thought
to a corner of America. He who

tries to purify himself really purifies the world and helps the world at large. Nobody can prevent his pure thoughts coming out and passing on to those others that really want them.

Just as the sun goes on converting into vapour every drop of water that is on the surface of the earth and just as all the vapor, rising, gathers together in the form of clouds, all the thoughts that you project from your own corner will mount up and be wafted across space. They will join similar thoughts projected by those who are like you and, in the end, all these holy thoughts will come down with tremendous force to subjugate undesirable forces.

Ideal Life

Entertain lofty thoughts. Your character will be exalted. Your life will be noble and ideal.

Remember, however, that different people have different mental backgrounds. People vary in their capacities -- mental and intellectual -- and in physical and mental strength to do things. Therefore each of you should have an ideal which is suited to your temperament and capacity. Realize it with great enthusiasm and dynamic action.

You should have your own ideal. You may realize it this moment or after ten years with faltering steps. It does not matter much. Everyone should endeavour his or her level best to live up to this ideal. Your whole energy, nerve-force, and will must be put into its realization.

One should not treat a person who has a low ideal with

contempt. He may be a baby soul who is just crawling now in his moral or spiritual path. Your duty is to help him in all possible ways.

Blessed is the person who elevates his thoughts, keeps up an ideal and struggles hard to live up to it, for he will soon attain God-consciousness.

Thought makes man. Man makes civilization. There is a powerful thought force behind every great event in life and in the history of the world. Behind all discoveries and inventions, behind all religions and philosophies, behind all life-saving and life-destroying devices is thought. Thought is expressed in words and executed in deeds. Word is the handmaid of thought. and deed is the end result.

How to build a better civilization? By generating new thought force.

How to build a civilization that will insure the peace of mankind, the prosperity of society, the salvation of the individual? By generating a thought force that will invariably result in man enjoying peace of mind, that will instil in his heart the divine virtues of compassion, of service to his fellow human beings, love of God and an intense desire to realize Him.

If but a fraction of the wealth and the time spent on wasteful pursuits and destructive activities is devoted to the creation of a Good THOUGHT, there will be a new civilization right now.

Man sows a thought and reaps an action. He sows an action and reaps a habit. He sows a habit and reaps a character. He sows a character and reaps a destiny. -from "Thought Power"

Satsang with Sri Gurudev

Questions and Answers from Recent Satsangs

Proper Perspective

QUESTION: How does one best integrate the spiritual path with career activities that are sometimes seemingly in an opposing direction from the spiritual way?

SRI GURUDEV: It takes real strength and understanding to convert every activity into spiritual activity. If you do not have that kind of understanding yet, you may need to change your career. At a higher level of understanding, there is no "spiritual" or "unspiritual." It all depends on how we look at it. The world needs all the activities, just as the various limbs of the body perform different functions but are all part of the same body. Is there one which is more desirable? No. Each part is needed, even the so-called "dirty" parts of the body. They have a very important purpose. See the Divine at work in that also. In the house, we need a toilet as well as a dining room. Each has its role to play.

The proper perspective is very important. It is all in our mind. If we train our mind to look at things in the proper way then we will know how to handle them also; the vision will be clear.

The same goes for people. There is no evil-doer in humanity. Instead, we would say there are ignorant people. They are doing what they know, what they can. "They don't know what they are doing," as Jesus said. You might have done the same thing at one time. Now you have learned and you no longer do it. When you were a little baby, you dirtied your diapers many times. Now will you condemn a baby for doing that? If so, you have forgotten that you did that once too. We are all at different levels of learning. Allow others to learn. If we can lend a hand to their understanding, we should do it. If that is not possible, at least don't condemn them. Be sympathetic toward them and know that they will learn. That way you are seeing the spiritual hand behind everything.

Cure and Prevent

QUESTION: Does meditation help work through physical as well as emotional blocks that may be preventing one's elevation to a higher consciousness?

SRI GURUDEV: It does. Meditation helps you in physical, emotional, and all other areas of growth. In meditation you learn your own limitations. You come to understand the deficiencies and at the same time you strengthen your mind.

However, meditation alone is not enough. When you realize your deficiencies through the practice of meditation, you must try to rectify them in your life. If you know that there is some problem and you see what creates the problem, you should try to avoid that. Mere knowing about it is not sufficient. If you know that you have a headache, knowing won't cure it. You should find out what caused the headache, and stay away from that in the future. Then find out what you should do to cure it now.

Prevention and cure -- both are necessary. Cure for the present, prevention for the future. Sometimes people don't bother about prevention at all. They don't even think of the reason for their problem. They cure it and do the same thing again. Again it comes, again they cure it, and on it goes. Who gains by that? Drugstores and doctors. You don't gain anything much if you don't understand it and practice prevention.

Meditation helps you in both ways. It helps you understand your present level, the difficulties you encounter, and

the ways to take care of the problems. It develops clarity and will power in the mind also. In a way, during meditation, you are even able to communicate with the Higher Will. Yes, meditation is a very important practice in our growth.

Main Meal

QUESTION: Is Hatha Yoga the only practice we need for physical well-being? For example, do we also need some exercise such as running to bring oxygen into the system?

SRI GURUDEV: Do you think you get oxygen by running and not by Hatha Yoga? By pranayama (breathing practices) you get a lot of oxygen. In fact you get more oxygen by pranayama than by running. In running, you even waste a lot of oxygen because of the heavy breathing.

I don't object to your running, but side by side you should practice Hatha Yoga. Have some other kind of exercise if you want; it doesn't matter. But if you don't have time for that, at least do the Yoga practices. Hatha Yoga is a must. It is the main meal. The various exercises are like desserts, side dishes.

In Hatha Yoga you not only develop the physical, you develop the mental also. Even the way that you practice Hatha Yoga is not like calisthenics or other physical exercises. That is why we are very, very careful not to make Hatha Yoga another exercise. That's a great difference between many other types of Yoga and the Integral Yoga technique. Only very few do it in a nice, gentle way. It is not our interest to make you an acrobat or a gymnast and teach you 150 asanas (postures).

Hatha Yoga is a form of meditation. Every posture, every breathing practice is a form of meditation. It calms your body, calms your breath, calms your mind. It is a very great practice; be sure not to miss it.

Getting Knowledge

QUESTION: I am having difficulty balancing college studies with my sadhana (spiritual practice). When I study too hard I feel attached to the grades. They bind me and often prevent me from having my peace. Could you please help me understand the very best way to be fair to my schooling yet let it be part of my sadhana?

SRI GURUDEV: Sometimes we get carried away even in our education. We want certain grades and forget the real purpose behind going to school. There is much competition. You can make your education a sadhana if you just take it easy. (Of course, as I always say, that doesn't mean to be lazy.)

Feel that you are not competing with anyone. Study to learn, not to satisfy the ego. If you learn something in, you simply put it out rather than digesting it well and putting it to good use. Keep your mind well balanced. Even when you study, make it a meditation. Instead of worrying about grades, think, Am I studying well? Am I getting the essence? Am I getting the knowledge?"

It is for the knowledge you study, not for the grade. The pressure about grades degrades the education. Do it to the best of your capacity. There are no two human beings one hundred percent similar. So forget this competitive atti-

tude. Keep your mind calm and say, "I am doing all I can. I am learning to get knowledge so that I can equip myself for my future service to humanity. That is my goal in studying."

This kind of reminder will keep your mind calm and serene. That will make it a sadhana, Karma Yoga.

What is the use of education if it is not utilized in some way for the service of humanity in the name of God? The great South Indian scripture "The Thirukural" says: "What is the use of your education if you are not going to realize God and use your life in God's service?" An education with this attitude behind it will be a real education.

Beautiful Example

QUESTION: How can we talk to others about our interest in Yoga?

SRI GURUDEV: I would say don't bother about talking too much. Imagine you have some fruit. As you bite into it you make a face because it is so sour. Still you say, "Hey. It's a good fruit. Eat this." When you yourself are not enjoying that there is no point in telling others. There is no need to say anything if you are enjoying it because others will see and come to you saying, "What is that you are enjoying so much?" People should see how much you are tasting the benefits of Yoga in your own life. Then they will want to know the secret. Let them see something beautiful in your life. When people are hungry and they see delicious food, they will ask. So live the teachings. There is no need to preach. □

Ways to God

RELIGIONS

by Uma Sackett, age 8

Religions are different ways to reach God. Why do we want to reach God? Because we know that if we reach God we will be happy and peaceful.

Here is an example of religion. There is a lake. There are many paths to the lake. The paths are the religions. The lake is God.

All the religions lead to God and all of them are just as good. If someone says to another, "My religion is better than yours," they are wrong because all of them lead to God even though they are different ways.

God does not prefer people to follow a certain religion. He just wants you to be happy.

These are the things you need to be a religious person.

You need belief, which means you have confidence in yourself or someone else or God.

You need devotion which means you give up everything to a friend or God.

You need worship which means that you pray or you chant or you

try to do everything right in whatever you do.

Faith means to believe very strongly in something just as we have faith in a pilot when we get on a plane. We don't think that the pilot might be drunk or something.

Practice means to keep on trying to do something.

Prayer means talking to God. You believe in without a doubt. You can pray for help or for thanks, but if you don't pray sincerely God may not respond.

Service means doing something for others. If service to others makes you happy, your joy will never end.

TO SEE GOD

by Scott Hansma, age

1. Take all of the bad out of your mind.
2. Start to trust God.
3. Thank God.
4. Listen to God.
5. Try to see God.

A Father

Gurudev, you are my father.

*A father is one who watches
over his children and makes
sure they don't get in trouble.*

A father is the head of the family.

A father is one who disciplines his children.

A father is one who loves his children.

A father is one you can go to with your problems.

A father is one who makes his children happy when he comes home.

A father is one who gives out hugs and kisses.

*And most important of all, a father is one who
teaches his children how to control their minds
and be happy all the time.*

Thank you for being my father.

Bala Otto, age 12 □

To the World's Greatest Guru

*Thank you for your innocence;
Your lovely laughing countenance
Thank you for the wisdom that
You ne'er withhold from us
Thank you for the tender hand
As you gently sculpt our souls
Thanks for showing us, long before
We're done, we're all already whole.
Thank you for the foresight, the
Compassion, and the space
For seeing in these "hippy kids" the
Potential state of grace.*

*Thanks for making each our lives a jewel
So clear and bright; thank you for
Your tireless example of the Light
Naught have we to offer thee in trade
For all you give; for making our lives
The brave and bold adventure we now live
Naught that we can say or do, but, Papa,
Now behold; We dream with you inside
Your mind and share your joy in full
We grow with you in God's great Sun,
And there the flower unfolds
We live inside your LOTUS heart
And there you own us, whole.*

Sri Ram Levy □

The Tree: Yoga in Action

Brahman & Saraswati Gurrieri

Observe a tree and one sees Yoga in action. A tree knows nothing but giving. It exists to give and nurture the earth. Through the seasons it provides -- shade in warm weather, a nesting place for birds, forest cover for animals; its leaves and wood a human and animal shelter.

As the leaves fall, they provide a protective mulch to the forest floor. The nuts, seeds and fruit provide food for other creatures. The sap yields food. And a barren tree in winter allows the warmth of sunlight to filter through.

Even in death the tree keeps on giving. A hollow tree provides shelter for numerous birds and animals. A felled tree turns into firewood, paper, and a myriad of products to serve daily human activities. The rotting tree provides a home for fungus, vines, and, at last, beautiful, vibrant earth to continue the growth cycle.

Observe a tree throughout the seasons as it bends to nature. It gently sways in the wind, bows down to a covering of ice, allows its branches to break and fall without regret when nature calls for them. And yet, this flexibility is only possible because the tree is firmly rooted in the earth. It has a steadiness of purpose, holding the earth in a protective manner, preventing erosion and allowing other plant life to establish itself around its roots. It gives its bark for food and medicine and just keeps giving and giving and giving.

When we need to be reminded of Yoga in action -- of that firmness, yet flexibility; of that constant selflessness -- look at a tree in awe and wonderment and thankfulness.

It's All Fun!

WORD SCRAMBLE

We have taken a number of words which are frequently found in Yoga studies. Then (as if trying to unscramble the mind weren't enough!) we've scrambled the letters in each one. Your job is to unscramble them and find the correct word. Some of the words are in Sanskrit; some are in English. Good luck!

- | | |
|-----------|------------------|
| 1. GYAO | 9. FLESLSES |
| 2. CAEPE | 10. KARSAMAS |
| 3. RAMAK | 11. LAFEESU |
| 4. SLIBS | 12. TNAMNONTTAHC |
| 5. TIVRIT | 13. SDPANSIHUA |
| 6. GHITL | 14. NURETANNICOI |
| 7. XELRA | 15. JAMPASTANARA |
| 8. YUDT | 16. EIRAVENGAT |

ANSWERS TO JUNE/JULY QUIZ (WHO SAID IT?):

1. SRI SWAMI SIVANANDAJI
2. AVAAYAR
3. LORD JESUS
4. LORD BUDDHA
5. KING DAVID (in the Psalms)
6. SRI SWAMI SATCHIDANANDAJI

UPCOMING EVENTS WITH SRI GURUDEV
AUGUST - SEPTEMBER 1983

AUGUST

4 - 7	Göteborg, SWEDEN	First World Peace Festival organized by: Peace Child Foundation
9 - 14	Chartres FRANCE	Integral Yoga Retreat
19 - 29	Batu Caves KUALA LUMPUR	Silver Jubilee of Divine Life Society

SEPTEMBER

4 - 11	Zinal SWITZERLAND	Ninth International Week European Union of National Yoga Federations
12	Lausanne SWITZERLAND	Program/ Lausanne IYI
13 - 14	Brussels BELGIUM	Brussels IYI
15 - 20	London and Northern UNITED KINGDOM	

About Day-by-Day with Sri Gurudev

Dear Readers,

In our section "Day by Day with Sri Gurudev" we bring you stories and facts about Sri Gurudev's service all over the world. Although we like to report events that happened just before the Magazine went to press, we often bring you news that took place several months before.

Why do we do this? We believe (and response from many of our readers has confirmed this) that the purpose of this section of the Magazine is to tell more of a story, to share the little interchanges, as well as news of important meetings, excerpts from Satsangs, and examples of Sri Gurudev's inspiration to people around the globe. The reports of Sri Gurudev's service are rich with teachings -- in action and satsangs. The comments we receive tell us that this is what most of you like to read in "Day by Day".

It is for this reason that, when we receive a long report on Sri Gurudev's travels in India or elsewhere, we present it to you in several installments -- so that we may print more of the story.

Still, we like to be timely whenever possible. That is why we request that when Sri Gurudev visits your area you send a report to us right away. If you've never sent an article to the Magazine, please don't hesitate to do so. We are always happy to include the insights and observations of new reporters. Black and white photos of Sri Gurudev are always needed.

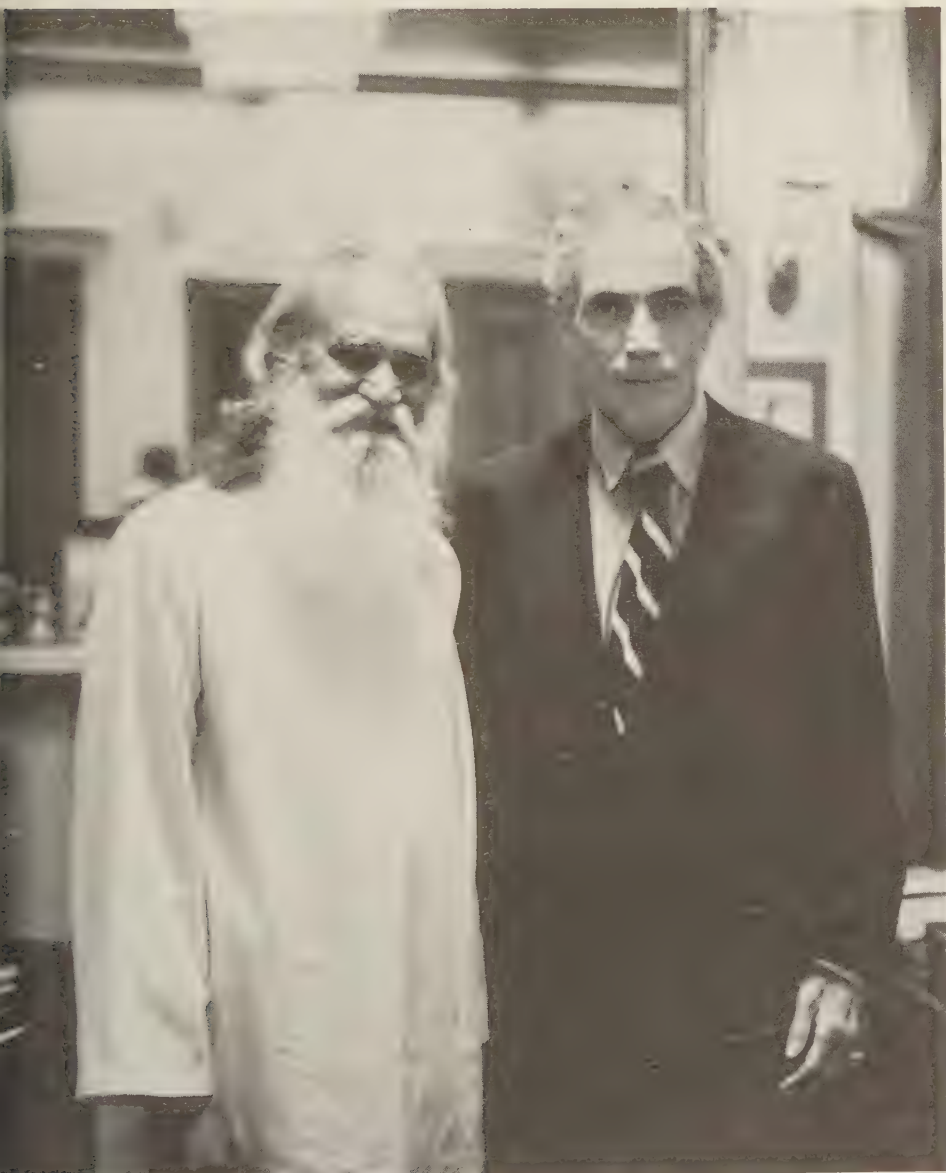
We invite you to participate more in Integral Yoga Magazine and to send your comments and suggestions. It is our sincere wish to continue to serve you better.

May God bless you with true peace and joy, love and light.

In the Service of Sri Gurudev

The Editor

Day-by-Day with Sri Gurudev



Sri Gurudev with Sen. Claiborne Pell (RI)

January - April 1983

Sri Gurudev arrived in New York City on Wednesday night the 27th of April. In a great spirit of fun, he was wearing a huge sombrero and blessed everyone with the word "adios" ("Go with God.")

On the following day Gurudev had lunch with Mrs. Kannapiron, a long-time devotee from Coimbatore. Joining them were her family members as well as Mithra and Yvonne Neuman with Aravinda, their six-month-old child. Mrs. Kannapiron's father hosted Sri Gurudev in his home for six months in 1963. It was then that Mrs. Kannapiron (then a young college student) became a devotee of Gurudev.

That evening there was a Satsang at the Institute. It was originally planned as an intimate gathering of the IYI friends. About 350 people showed up for the program. It was very hot that night, and the Institute's air conditioner had broken down. When Gurudev arrived, however, his cooling presence was like an oasis; and everyone enjoyed themselves thoroughly in his company. The following are some excerpts from that program:

On the relationship between Nature and Spirit: "Mother Nature says, 'I want you to enjoy an everlasting pleasure, but I can't give that to you. You'll have to get that from Dad [Spirit]. Don't come to me for little things. When you get Dad totally, then certainly He will command me, 'Okay. he got me. Now, Mother, give him everything that he wants.' So once we attain that oneness or realization of Spirit, everything else comes to us."

On Pain: "As our intimate fam-

ily, you all know our famous IYI saying: 'No pain, no gain.' That means behind the pain there is a gain waiting for you. It is not a mere play on words; it's very true. Through sufferings we are going to get to God because it is suffering that cleans us. If we remember this, we would even be happy when we encounter pain in our life. And you know the beauty of this? The minute you really welcome the pain when it comes to you, it won't be a pain anymore. It becomes your friend. It is only when you are afraid that it hurts you."

On Prayer: "Sometimes God looks like a hard-hearted person. He waits until you really, really give up. Until that happens your prayers are not truly sincere. Your prayers may be beautiful, sung with a good voice and a beautiful melody; but they should come straight from the heart, not from the head. That kind of prayer from the heart is heard immediately. Immediately. Let us each become that kind of seeker. Let us be sincere."

On Knowledge: "You are not going to 'get' God. You are not even going to surrender yourself to God. You are not going to allow God to function through you. Why? Because He is already doing it. All you have to do is to know this. If you don't know it then you have trouble."

On Prayer in School: "I wish that it should be the right kind of prayer to bring humanity together, not to separate people. It should be a very universal prayer. Due to the lack of this kind of prayer and God-respectful education, we are facing a lot of problems today."

-Swami Asokananda

Sri Gurudev arrived at National Airport in a private plane on the 15th of April. It had been a bumpy flight with wet, stormy weather; but because of a tailwind, the plane had arrived early. As we eagerly headed toward the airfield through the lobby, a call stopped us in our tracks and there was Gurudev waiting peacefully as always with two accompanying devotees -- Reverend and Brahman Levy, the pilot, and Reverend Kumar Shapero, President of Universal Computers. Gurudev could hardly believe his eyes when Karuna Goodman presented him with a gorgeous flower bouquet which turned out to be hand-carved vegetables arranged in a basket. "It is so pretty I won't want to eat it," Gurudev exclaimed.

Gurudev's first appointment in Washington was a luncheon at the Capitol Building hosted by Rhode Island Senator Claiborne Pell. Also present were Maryland Senator Charles Mathias, North Carolina Senator Charles Rose, Congresswoman Claudine Schneider and her husband physicist Eric Schneider, Carole Taylor, Dr. Sandra Amrita McLanahan, and myself. The dining table was beautifully arranged and a vegetarian meal served in Senator Pell's office under the Senate "stars" (buzzing star lights which kept the Senator informed as to what was transpiring in the Senate sessions).

Questions were asked of Gurudev almost immediately and continued for almost two hours. Many of the questions concerned birth and death. One senator asked if we were only existing because of another's projection.

Sri Gurudev replied that in a way we could say that. He explained that each person projects his own mental coloring and sees others according to this coloring.

Sincere Prayer

Finally the question was asked, "What can leaders of the country, such as those in this room, do to promote world peace?"

In part, Sri Gurudev's reply was: "Trust. Heart to heart communication. Sincere prayers. These are the most important things for world peace. . . Don't condemn so-called enemies, even if they are wrong. Communicate. Have open, sincere attempts to negotiate. . . [concerning nuclear power and disarmament] You have to be strong to practice non-violence. . . Disarmament should be bilateral with both sides disarming. . . Sincere prayer is of utmost importance because man has made a mess of everything, and only God can take care of things. . . If, each day, you could have even one minute of silent prayer, it would help."

Gurudev also spoke about the nature of the universe -- sacrifice -- and that dedication brings happiness. In the conversation he mentioned that America's biggest income from exports is gun manufacturing and that the Country will reap what it sows. If you sow violence, you will get violence.

After lunch, Sri Gurudev was guided on a short tour of the Senate. It was thrilling to me to think of the implications of a spiritual master passing through the Government halls. (The next day, as we passed the Capitol Building on the way to another engagement, I



"I'm
Universal":
Gurudev
with Kumar
Shapero,
Sovietan
Ambassador
and
NISA

remarked that since his visit there now seemed to be light emanating from the top of the building. Gurudev replied, "Oh? Only now?" Most likely this was a reminder that the Light is everywhere at all times.)

The evening after his Senate visit, Gurudev spoke at George Washington University. The theme was "A Message for World Peace." He told the crowd: "How can we achieve peace in the world if the negotiators do not go with peace in their own hearts? Peace starts within. Each person should find their peace. Create a pocket of peace in the world. . . We should stop regarding the Russians as our enemies. We should negotiate wholeheartedly, with sincerity, feeling that we want to be friends." As he had earlier in the day, Gurudev explained that we do have to be strong to be non-violent. It does no good for a weakling to go and say, "I don't want to fight."

Acknowledge God

Gurudev spoke about LOTUS, saying that it will represent universality. "Religion is essentially one. LOTUS will give people a chance to reflect

on the possibility of religion being a unifying force."

He mentioned that it is hypocrisy to put one's hand on the Bible and swear to God (as is done by government officials and in the courts) but at the same time not allow religion in the schools. We don't seem to separate church and state in the government, but we do not acknowledge God in the schools.

We could find a universal common ground in the religions (for instance, all religions have essentially the same ethical teachings) and teach this to the children.

After the talk, Gurudev greeted Washingtonians as well as enthusiastic New Yorkers, who had travelled the long distance to see him. One person remarked that he felt so wonderful after the satsang and it would be nice to feel that way always. "Remember what made you feel this way," Gurudev told him. "But, Gurudev, it's your presence that makes me feel this way." "Then," said Gurudev, "keep my presence in mind."

Later Gurudev was asked how to stop worrying about death.

The body is like a car," he replied. "If you put in the right gas and take care of it, it will last a long time, there's no need to worry. Look at me. I have a 1958 car and a 1914 model body. They are both running fine."

I'm Universal

The next morning the sunshine finally upstaged the clouds, and Gurudev was off to the LOTUS fundraising banquet at Archana restaurant in Georgetown, where 50 people awaited his arrival. At the festive luncheon, 3HO musicians "The Tenth Gate" delighted everyone with their soul-soaring rhythm and inspiring spiritual songs. Guruganesha, the organizer of the band, led them in some lively music that had everyone clapping hands, led by Sri Gurudev himself. Gurudev then lent a helping hand in picking out some of the lucky winners of the LOTUS raffle. After the feast was served, Gurudev garlanded the restaurant manager, Theresa. He praised the food and wished her, the restaurant, and staff peace and prosperity.

In the afternoon Gurudev visited with a few of the Indian families: Dr. Senapathy, who does cancer research at the National Institutes of Health (NIH), with his wife and child joined Balu Mahalingam, son of his dear friend Sri N. Mahalingam. Sadasiva and Parmeshwari Adie were there also. The Senapathys were surprised that Gurudev is accepted by the different faiths and gives public talks at churches and synagogues. Gurudev raised his open arms and said, "I'm universal. Wherever people want me I go. Church, temple, synagogue -- it doesn't

matter. I am a citizen of the world." Gurudev spoke about cancer and said that despite problems in the environment, the biggest cause of cancer is mental worry. "Proper diet and exercise will make you strong to help ward off the influences which are always present. Cancer is everywhere, you just have to be strong enough to resist."

Later in the afternoon, Reverend Kumar Shapero and Brahman Steinberg, Universal Computers' President and Vice-President respectively, arrived to escort Sri Gurudev to their board of directors meeting at the Alexandria store. Jeevakan Abbate, Manager of the Alexandria branch of Universal Computers, gave Gurudev a demonstration of the new Apple Computer "LISA." It didn't take Gurudev long to learn how to operate the LISA, and soon he was having it print out the Yantra. After the meeting, a group of about 20 joined Gurudev for lunch.

The affection expressed between a young couple prompted Gurudev to say that love between husband and wife is sacred and should not be displayed publicly because that cheapens it. He gave an example of Indian couples: "You may think they are not in love because they never show affection publicly, but it is because they love each other so much that they have this respect." Speaking about the usefulness of all things, Gurudev said, "Everything and everyone has its own dignity and purpose. God is in everything. Water has no form of its own. It is in the chalice as well as in the sink. In fact, the water in the sink can be more useful than the water in the chalice!"

-Jnanam MacIsaac

Sri Gurudev arrived in Madras on the 24th of January to be greeted by two beloved and respected friends, Sri N. Mahalingam, Sri C. Subramaniam (former Finance Minister of India), and High Court Justice Sri Sengottuvelan. On the 25th, Sri Mahalingam had arranged for Gurudev to meet with Indian architects and designers who will be assisting with the LOTUS project construction. Designs for the archway, entryway, center altar light, and all aspects of the LOTUS were discussed and blueprints reviewed. Lunch that afternoon was graciously offered by former Finance Minister Sri Subramaniam in his home.

That evening Sri Subramaniam who is also the General Secretary of the Bharatiya Vidya Bhavan, India's foremost cultural institution, inaugurated the festivities of the Bhavan's Silver Jubilee Celebration. Sri Subramaniam spoke of Gurudev's service in the West: "I have visited his ashrams in the United States on several occasions. I was very much impressed by the devotion of these American students. The effect of our Indian culture upon them is profound. They are strict vegetarians and practice all aspects of Yoga. The Bhavan is attempting to preserve the culture that the Americans are apparently following better." Sri Subramaniam proceeded to garland Sri Gurudev, saying, "We garland Swamiji before we even garland our Governor [who was also present for the festivities] because here in India we give precedence to holy men over government ministers."

Sri Mahalingam, President of the Ramalinga Mission and foremost businessman in South India, introduced Gurudev with a complete history of Gurudev's life and service in the West. Sri Mahalingam spoke highly of the LOTUS and said that Gurudev is bringing the Light Worship to the "new world" as once Sri Ramalinga Swamikal had established it in the East.

Gurudev was asked to give the inaugural address to the over 400 people who attended this auspicious occasion. "The purpose of religion and spiritual institutions is to educate people in the art of knowing oneself," he told them. He encouraged the Bhavan to promote the spiritual awareness and the unity of all religions. Excerpts from Gurudev's talk appeared the next day in the foremost Indian newspaper, "The Hindu." His Excellency Sri S.L. Khaurana, the Governor of Tamil Nadu, praised Gurudev's words and addressed the audience. At the end of his address, the Governor presented Gurudev with a large, framed plaque conferring the title "Perarul Perumunivar," which means "Grace-filled Great Sage," upon Gurudev.

The next day, Sri Mahalingam escorted Gurudev to the holy city of Vadalur. Throughout the area pilgrims were flooding in to make ready for the festival which would be conducted on the 28th, the full moon day. This particular date is the day on which Saint Ramalinga Swamikal went into seclusion and thereafter disappeared. Gurudev visited the Jyothi Shrine that Saint Ramalinga had established in 1872. The Shrine, called Satya Gnana Sabai, is dedicated

to the Light; Sri Mahalingam financed the restoration of this temple some years ago. Those of us traveling with Sri Gurudev were blessed to join him as he attended an arati that was held before the Light which Saint Ramalinga left for his followers.

That evening Gurudev presided at a function at the Suddha San Margam. This school is fortunate to have Sri Mahalingam as its Chairman. Gurudev was greeted with a full Boy Scout lineup saluting him. This school is associated with the Temple we visited earlier in the day, and Gurudev was asked to speak and preside over the presentation of a new book on the life of Saint Ramalingam (written by Sri Swami Sarvananda) and the opening of three new annexes of the school.

The 29th of January was a great day of festivities. Over 100,000 people gathered to have darshan at the Jyothi (light) of the Shrine. This light may be seen only on very special occasions, and the crowd pressed very close for a small glimpse of it. Following the darshan, Sri Gurudev and Sri Mahalingam spoke to the crowd of pilgrims who had gathered under a large tent. After lunch Gurudev was driven to the city of Trichy where he was received with fragrant rose petals by the management of the Hotel Sangam. In the evening the city of Trichy sponsored a civic reception and public lecture in honor of Sri Gurudev. He was introduced by seven members who praised his work and service. Several garlands were placed about his neck, a cape of flowers was put around his shoulders, and a beautiful

crown of flowers was placed on his head. Joining Gurudev on the platform that evening was our own beloved Sri Swami Vimalananda Mataji. Mataji, a disciple of Gurudev, was the director of the Kandy Ashram after Sri Gurudev's departure for the West; and now she directs the Integral Yoga Institute in Gurudev's home village, Chettipalayam.

A police escort led Sri Gurudev to the Tiruvanaikkaval Temple. Throughout South India there are temples which worship the Siva Linga in the various elements such as water, air, earth, fire, and ether. This particular temple is dedicated to Lord Siva and the Siva Linga in the aspect of water. It is also known as Jambukeswara. Jambu is the name of the holy tree under which Lord Siva, in the form of linga, is submerged in water. This temple also gets its name from the legendary elephant that once worshipped this lagam. This temple is especially dear to Gurudev as it also contains a beautiful shrine to the Goddess Akilandeshwari. Whenever he comes to South India, Gurudev makes a point to come to this shrine, bringing his own Yantra Medallion to be blessed at the feet of the Goddess. The Sri Chakra Yantra from which our IYI Yantra is derived adorns the Goddess in the form of large dazzling earrings which were installed by Sri Shankaracharya himself.

Help Purge Karma

After darshan at the Temple, Gurudev was driven to the Sri Kasi Mutt in Tirupanandal. This is one of the largest Saivite Missions in South India. The spiritual head, His



Sri Gurudev's visit to Kasturba Gandhi Gurukulam

Holiness Sri la Sri Kasivasi Muthukumaraswami Tambiran Swamigal Avergal, graciously received Gurudev -- garlanding and draping him with a beautiful brocade cloth. After addressing some of the students of the Mutt, Gurudev had lunch and then departed for the village of Vedaraniyam.

This is the site of a very large girls' school called the Kasturbha Gandhi Kanya Gurukulam, named for Mahatma Gandhi's wife. Here over 750 orphans are residents, in addition to the many day students who bring the total to 1300 students. They receive a true gurukulam education. This school is under the direction of Sri Appakutti, whose father Sri Ratna was a great colleague of Mahatma Gandhi. This school was established while Mahatma Gandhi was alive. Sri Ratna worked hand in hand with Mahatma Gandhiji in the manufacturing of salt. His son still directs the school. The gurukulam began to take great interest in Gurudev's life and work. They have cottage industries which include cloth weaving in the Gandhian fash-

ion and book printing. Several years ago, they began to supply orange cloth for Gurudev and the Integral Yoga Institutes and began to translate and print Gurudev's books in Tamil.

As we neared the village of Vedaraniyam, already we could see Sri Gurudev's photo on the signs and notices that were glued to bridges, buses, and throughout the area announcing his upcoming visit. Sri Gurudev's first stop was the famous Vedaraniyam Temple which is dedicated to Lord Siva and is over 1500 years old. Hundreds, perhaps thousands, gathered for a glimpse of Gurudev as he was ushered into the Temple grounds by police escort. He was led in official procession throughout the Temple's many shrines. All the while Indian musicians played "OM Namah Sivaaya." At each of the shrines, an arati was performed and a choir of the Gurukulam girls would sing a chant to the deity represented there.

This Temple is also well known for the oil lights which completely illuminate the arches

leading to the main sanctum. All the thousands of lights were lit especially for Gurudev's arrival. Sri Gurudev was placed in a seat of honor and crowned with a turban.

One of the shrines was an image of Lord Ganesha in a very striking pose, with one leg lifted as if in a dance. When asked the significance of this pose, Sri Gurudev responded, "Lord Rama went to Sri Lanka to destroy the demon Ravana. Even though Sri Rama was born for that purpose of slaying Ravana, the act of murder caused a karma for him. The only way to purge this karma was for Sri Rama to approach Lord Ganesha for expiation. Lord Ganesha raised his leg and with one kick simply threw off Lord Rama's karma. Thus Lord Rama was purged of it. So it is that when we accumulate karma, we must seek someone to help us purge it out."

Jaaya Guru

On the 30th of January a great day of festivities was planned to be held at the Gurukulam itself. When Sri Gurudev arrived, Sri Appakutti and all of the trustees received him in the most grand fashion. The veranda entryway was completely decorated with flowers to form a mandala-like drawing. In the very center was the huge, beautiful shape of a peacock. Sri Mahalingam, who is a patron of the Gurukulam, was also present. Gurudev was led by procession into the large auditorium where arrangements had been made for a large worship service in honor of his visit and the anniversary of the death of Mahatma Gandhiji. After an hour of chanting and

flower petal offerings to God in the form of Light, Sri Gurudev approached the Light Shrine and performed a camphor arati to close the ceremony. Directly following the ceremony, Gurudev was asked to address a gathering of devotees and residents of Vedaraniyam at the Gurukulam.

In the afternoon Gurudev returned to the Gurukulam for a tour of the entire facility. All the students lined the pathways, each saluting Gurudev and chanting "Sri Guru Jaya Guru Satchidananda Guru." At various intervals, different groups of students gave small presentations. One little group would give an Indian dance, another a flag dance, another a bamboo stick dance, and so on. All of the songs performed were composed by the students and sang the glories and accomplishments of Sri Gurudev. All sang songs of his life, work, virtue, saintliness.

Gurudev visited the weavery and other industries. He visited the press where -- again through the generosity of Sri N. Mahalingam -- they were busily printing many spiritual books. This included the Tamil translation of Gurudev's books. He noted that there are no typewriters for typesetting. Each page is composed by the students placing individual letters of each word onto blocks. All the pages are cut, collated, folded, and so on by hand.

That night marked the presentation of the second hardcover edition of the Tamil version of Sri Gurudev's book "To Know Your Self." The Gurukulam girls led the opening prayers and Sri Appakutti gave the welcome address. Sri Mahalingam spoke about Gurudev, and



*Special Public
Reception,
Trichy*

a special address was given by Sri Mahalingam's foremost assistant Sri Bahirathan. Sri Bahirathan was responsible for the translation of Gurudev's book from English into Tamil.

Finally Gurudev himself spoke to the more than 1,000 people gathered. When he indicated that it was getting late and he should close his talk, the children who had been sitting for the past two and a half hours all cried out in unison for him to stay longer. Seeing the love, reverence, devotion and the beautiful arrangements that all the students had helped to make, it became clear why Gurudev had traveled over six hours by car over very rough roadways in order to reach the Gurukulam.

Scripture Within

Sri Gurudev was driven to Trichy, where he had a lovely lunch in the home of Sri Arumugam, an associate of Sri Mahalingam. Later that afternoon, Gurudev went on to Thiruparaithurai where Sri Swami Chidbhavanandaji directs the Ramakrishna Mission there. This is the place where Gurudev spent four years in pre-sannyas

training. He had been initiated as Brother Sambasiva Chaitanya by Sri Swami Chidbhavanandaji himself. On the way to Thiruparaithurai, Gurudev combed his hair and glanced back at us with a gleam in his eye saying, "I had better get in shape. I'm going to see my master." Gurudev was lovingly received at the Ashram and taken directly to Sri Swami Chidbhavanandaji's office. To see Gurudev greet his former master (Sri Swami Sivanandaji was Gurudev's Sannyas Diksha Guru) was seeing the perfect example of the perfect disciple. He prostrated at Chidbhavanandaji's feet with all humility, reverence, and devotion and then proceeded to sit on the floor at Chidbhavanandaji's feet until the great master insisted that Gurudev sit up in a chair.

Within a few minutes, Swami Chidbhavanandaji appeared to be concerned. He insisted that we go immediately to the dining hall to have something to eat before talking anymore. He ordered us, "You should get refreshed now!" "But," we argued, "We are getting refreshed by being in your presence." He replied, "Ahh, is that so? That is refreshment for

the soul. Now take care of the body. Do not argue!"

After the refreshment, we all returned with Gurudev to Swami Chidbhavanandaji's office. He asked Gurudev to sit next to him and asked many questions about Gurudev's service in the United States, including specific questions about LOTUS and the Ashram. All these projects he has been reading about in Integral Yoga Magazine. He asked each of us accompanying Sri Gurudev to tell him a little bit about ourselves and then gave the following instruction: "The aim of all spiritual practice is to be able to maintain while awake the deep sleep state. Remember that the greatest scripture lies within you." Gurudev told us some wonderful stories of his days at the Ashram there under Sri Swami Chidbhavanandaji and took us on a tour. Finally it was time to go. As Gurudev was leaving the office, Swamiji Maharaj proudly announced with a voice overflowing with love, "He (Gurudev) began his spiritual studies here. Whenever he comes to India he always comes to visit me." Later Gurudev told us that when he was speaking privately with Swami Chidbhavanandaji, he had asked why he continues to keep up such a busy schedule when he is over 80 years old. Gurudev asked when he would slow down in this taxing schedule. Sri Chidbhavanandaji replied, "I will take rest after I die."

Real Purity

We continued the journey, stopping on route to visit the Shanthi Vanam, also known as the Satchidananda Ashram under the direction of Father

Bede Griffiths. Father Griffiths, a Christian minister, has been living in a small village preaching the gospel with both a western and an eastern approach. Over 50 members from around the world live there in Ashram buildings. After Gurudev complied with Father Griffiths' request for him to speak to the members, he was taken to a lovely spot where there is a four-figured statue of Lord Jesus. Lord Jesus is seated in a lotus position in a state of meditation. Sri Gurudev garlanded each of the four figures and offered an apple, saying "Is it all right to offer the forbidden fruit to the Lord?" He then went on to explain the meaning of "forbidden fruit." "The eating of the fruits of your actions is what is forbidden."

When Father Griffiths asked Gurudev to explain what Integral Yoga is, Gurudev replied, "Any practice that will make your body and mind pure is Integral Yoga. . . A mind without any disturbance is pure. In that serenity or purity the Lord's light is reflected. This truth is seen at the heart of every scripture." Gurudev was about to leave when Father Griffiths asked him to stay for a few minutes of their evening worship service. In their temple all the monks sat down and began their prayers with a chant, "Satchidananda Vande Guru." Then Gurudev continued his long journey to Coimbatore, arriving at midnight at Sri Mahalingam's Sakti Sugars Guest House. Despite the late hour, the entire staff of Sakti Sugars was there to greet Gurudev. *To be continued.*

-Sister Devi Chaitanya □

"Sometimes God looks like a hard-hearted person. He waits until you really, really give up. Until that happens your prayers are not sincere. They should come straight from the heart. That kind of prayer is heard immediately."

- Sri Gurudev

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"Hatha Yoga is a form of meditation. Every posture, every breathing practice is a form of meditation. It calms your breath, calms your mind. It is a very great practice. Don't miss it!"

- Sri Gurudev

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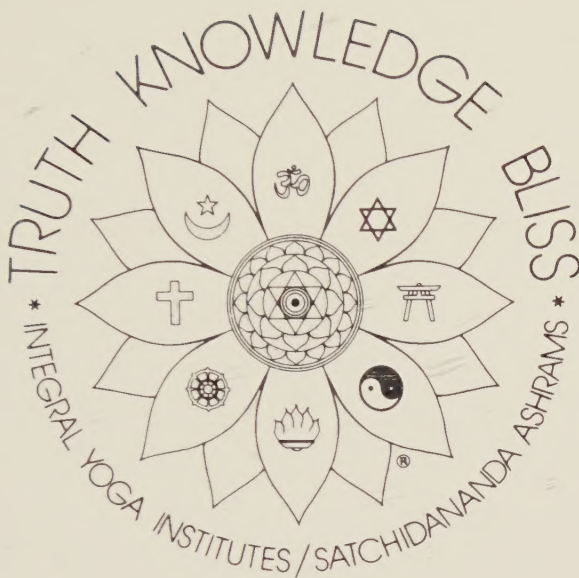
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Integral Yoga

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.



Raja
Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.



Karma
Yoga

The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.



Japa
Yoga

The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.



Bhakti
Yoga

The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.



Hatha
Yoga

Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.



Jnana
Yoga

The path of wisdom. By study, self-analysis and awareness, the Jnani Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "Body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

- Swami Satchidananda